

# Aug 2023 - Bishop Kelly Swim Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Fall Sports No Contact Week		Fall Sports No Contact Week		Fall Sports No Contact Week		
6	7	8	9	10	11	12
Week #1 Tryouts	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Retreat No practice	No practice	Practice ICAC 3:45-5:15pm (arrive at 3:30)	
13	14	15	16	17	18	19
Week #2	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Fall Sports Meeting Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	
20	21	22	23	24	25	26
Week #3	TEAM MASS Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Carbo Load Practice ICAC 3:45-5:15pm (arrive at 3:30)	MEET 1 ICAC vs. Boise/Timb WU TBD Start TBD
27	28	29	30	31		
Week #4	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)		

# Sep 2023 - Bishop Kelly Swim Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Week #5	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Carbo Load Practice ICAC 3:45-5:15pm (arrive at 3:30)	
3	4	5	6	7	8	9
Week #6	Labor Day No Practice	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	HOST <u>MEET 2</u> ICAC vs. Borah/Kun WU TBD Start TBD
10	11	12	13	14	15	16
Week #7	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	
17	18	19	20	21	22	23
Week #8	TEAM MASS CARBO LOAD Practice ICAC 3:45-5:15pm (arrive at 3:30)	<u>MEET 3</u> West Y vs. Borah/Kun WU 4:30pm Start 5:15pm	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	CARBO LOAD Practice ICAC 3:45-5:15pm (arrive at 3:30)	<u>MEET 4</u> ICAC vs. Borah/RM WU TBD Start TBD
24	25	26	27	28	29	30
Week #9	TEAM MASS Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	CARBO LOAD Practice ICAC 3:45-5:15pm (arrive at 3:30)	MEET 5 Two-Day Invitational ICAC Prelim Session      Finals Session	

# Oct/Nov 2023 - Bishop Kelly Swim Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Week #10	<b>TEAM MASS</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>CARBO LOAD</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>MEET 6</b> ICAC vs. MTV/CU WU TBD Start TBD
8	9	10	11	12	13	14
Week #11	<b>TEAM MASS</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>CARBO LOAD</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>HOST</b> <b>MEET 7</b> ICAC vs. NU/RM WU TBD Start TBD
15	16	17	18	19	20	21
Week #12	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	
22	23	24	25	26	27	28
Week #13	<b>TEAM MASS</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>CARBO LOAD</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>DISTRICT CHAMPS</b> ICAC Info TBD	Practice ICAC 3:45-5:15pm (arrive at 3:30)	
29	30	31	1 - Nov	2 - Nov	3 - Nov	4 - Nov
Week #14 At Large Spots Announced	<b>TEAM MASS</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>CARBO LOAD</b> Practice ICAC 3:45-5:15pm (arrive at 3:30)	<b>IHSAA State Prelims</b> West Y TBD (arrive at 8:15)	<b>IHSAA State Championship</b> West Y TBD (arrive at 7:45)